

# Protect Teens from Indoor Tanning

## *Why it matters:*

- The U.S. Department of Health and Human Services and the World Health Organization has determined UV radiation from the sun and tanning beds cause cancer.
- Nearly 70 % of tanning bed users are females age 16 to 29.
- 2.3 million U.S. teens tan indoors annually.
- People who use tanning beds before the age of 35 increase their risk of melanoma, the deadliest form of skin cancer, by 75%.
- Melanoma is the most common form of cancer for 25-29 years old and the second most common form of cancer among 15-29 year olds.
- In 2006, in the 116 largest (most populous) U.S. cities, there were, on average, more tanning salons than there were Starbucks® coffee shops.

## *What you can do:*

- Educate teens about the dangers of indoor tanning.
- Encourage teens to protect their skin from UV radiation by wearing sunscreen with a SPF of 30+, wearing protective clothing and sunglasses, and avoiding the sun between 10 a.m. and 4 p.m.
- Use UV photographic camera or equipment that reveals skin damage not visible to the naked eye to demonstrate teen's skin damage. Local dermatologist may provide this service.
- Promote No-Tanning Prom Pledge: Have students sign a pledge not to tan before prom.
- Promote Don't Fry Day: The National Council on Skin Cancer Prevention recognizes the Friday before Memorial Day as "Don't Fry Day." This day raises public awareness about skin cancer prevention and encourages everyone to protect their skin as they kick off the summer.
- Have a Hat Day: Let students wear their hats to school as a reminder to cover-up when they are in the sun.

Source: American Academy of Dermatology, [www.aad.org](http://www.aad.org)

National Council on Skin Cancer Prevention, [www.skincancerprevention.org](http://www.skincancerprevention.org)



[www.skincancer.org](http://www.skincancer.org)



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